

Celiac Disease (AK 35-USDA 354)

Explain to Participant

You're enrolled in the WIC program today because you have been diagnosed with Celiac Disease. This disease it is also known as Celiac Sprue, Gluten Enteropathy and Non-tropical Sprue. It is an inflammation of the small intestine due to eating wheat or foods that contain wheat.

Goal

The goal is to learn to remove all wheat from your diet. You'll be referred for nutrition counseling so you can meet nutrient needs on a wheat-free diet.

Suggestions for Reducing Risk

Refer to a Registered Dietitian (RD).
Follow the recommendations of your health care provider.
See your doctor regularly.
Explain the nutrition education material suggested.
Keep food diaries to determine food reactions.
Read food labels to avoid foods containing wheat.
Drink 8 glasses of water every day.

Nutrition Education Material Suggested Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Gluten Intolerance Group
Celiac Sprue Association